

YOUR GO-TO GUIDE FOR SMARTER LIVING

ECOZINE

SPRING 2016



FRESH IDEAS FOR YOUR
HOME & GARDEN

TRAVEL

THE ULTIMATE
ECO-LUXE
CITY GUIDE

MELBOURNE



ADVENTURES
IN INDONESIA
+ CAMBODIA

JUICE

YOUR WAY TO
GOOD HEALTH

EXCLUSIVE

SPRING IT ON!

WELLNESS

WHAT DO OPRAH,
ROGER FEDERER,
MADONNA,
MARK ZUCKERBERG
AND OBAMA HAVE
IN COMMON?
(SEE PAGE 52!)

EARTH DAY

HISTORY AND
HAPPENINGS
AROUND
THE WORLD

ELON MUSK SHARES TESLA'S
"SECRET MASTER PLAN" AND MISSION TO
ACCELERATE THE WORLD'S TRANSITION
TO SUSTAINABLE ENERGY

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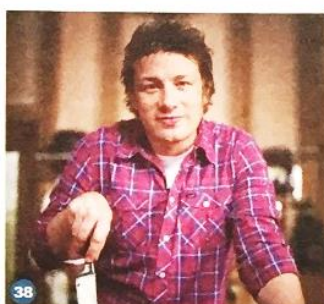
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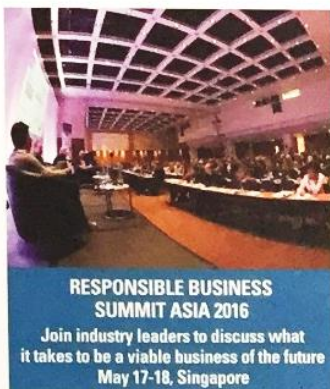
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CONTRIBUTORS



<Abbe Ho

Abbe Ho is an Irish-born interactive multimedia graduate who takes interest in creating digital media content and eLearning. He is currently on the path to becoming literate in Chinese whilst improving his coding skills at the same time.

Eco tip: Embrace a minimalist lifestyle. De-clutter your life and help the local community at the same time by donating your unwanted goods to charity shops or books to your local library.



<Craig Leeson

Craig Leeson is an award-winning television presenter and filmmaker. He is the CEO of Leeson Media International and Ocean Vista Films, and founder of the I Shot Hong Kong Film Festival. He is the Asia correspondent for the Seven Network and a correspondent for Al Jazeera English. His latest work is his debut feature film documentary, *A Plastic Ocean*, which highlights the environmental problems facing the world's oceans.

Eco tip: Prevent excess waste by investing in a reusable coffee cup and skipping the string.

Jason Sylvester >

Jason Sylvester is a passionate marine environmentalist and active member of the Sustainable Development Committee at the Canadian Chamber of Commerce in Hong Kong, where he has co-organized the annual Team Canada Beach Clean since 2007. Jason is a published author (*Manifest Insanity, Or: How I Learned To Stop Worrying & Think For Myself*) and has been invited to lecture on religious history to a number of groups in Hong Kong and regionally.

Eco tip: Protect our oceans – they are what keep us alive!



Jean S. Roy >

Optimistic always, and committed to making the world a better place, Jean loves traveling, and expresses himself best through his art, design, and photography. From building houses to restoring properties, sustainability is always top of mind.

Eco tip: Think before you act and buy



<Lisa Middleton

Lisa has over 12 years of experience as a professional facilitator and coach. Her particular talents lie in the area of helping managers align vision, leadership and wellness as the foundation to achieving extraordinary levels of professional and personal success. She works with an integral coaching model that is at the leading edge in human development technology.

Eco tip: Use stronger, reusable bags as an alternative to non-biodegradable plastic bags.



<Joyee Chan

Joyee is an environmental journalist and recent graduate from the University of Hong Kong's MSc in Environmental Management programme. She is on a mission to document green troubles and triumphs. Her work has featured in *South China Morning Post* and *Time Out* amongst others.

Eco tip: Subscribe to a healthy diet and support local farmers by going for homegrown, seasonal and organic foods.



Tanya Bennett >

Tanya Bennett, AKA Prate, combines her skills in digital imagery and fashion illustration to create unique paintings, multimedia installations and commercial projects for high-profile clients such as Lane Crawford and Turn. UK-born, the talented artist is now based in Hong Kong, where she spends her free time exploring its hill trails.

Eco tip: Host a clothes swap day with your friends to get a new wardrobe without generating waste



Sean Baylis >

Sean was given a Kodak 124 Instamatic camera for his fifth birthday, and the rest is history! His passion for photographing the world around us spans some 40 years, and over that time has developed into his dedicated profession. He is also an involved supporter of ocean conservation and recycling initiatives.

Eco tip: Wherever possible, replace disposable products with reusable ones.



<Tessa Friend

With a background in environmental science and a deep appreciation for nature, Tessa is also a self-confessed craftaholic. She loves upcycling household items, hand-making eco goodies and crafting event decorations for her friends.

Eco tip: Learn to upcycle and turn your unwanted items into things you really need



<Wayne McCallum

Wayne first journeyed to Southeast Asia in 2003, when he began working with indigenous communities to conserve the last populations of tiger, elephant and Siamese crocodile. Wayne has been pecked by cranes, had his camera destroyed by orangutans and been punched by an angry elephant. Since 2011, he has spearheaded Song Saa's efforts to conserve the environments of southern Cambodia's Koh Rong archipelago.

Eco tip: Get up early and cycle to work. Watch the city come to life while curbing those carbon emissions and getting a great workout.

MAKING A DIFFERENCE IN A SPECIAL PLACE

Words by **Wayne McCallum**

Isles of palm-fringed beaches, coral reefs, and lush rainforest. It's not what comes to mind when most people think about Cambodia, a country more synonymous with ancient temples and a tumultuous past. But in the south of the country, the islands of Koh Rong offer this and more, all of which means the archipelago could well be the best place you've never heard of.

In 2013, the Song Saa Foundation was created to help conserve the region's unique natural and human environments. Yet the roots of the Foundation go back much further. When Rory and Melita Hunter founded and built Song Saa Private Island, Cambodia's first luxury coastal resort, they firmly believed that development should improve the places where it occurs – and they built their business and the Foundation on this principle.

Moving forward, the Foundation's present work covers a spectrum of land, sea and people-based activities, forming a programme that is truly integrated in scope. This includes working with communities to conserve the archipelago's delicate coral reefs, rehabilitating stands of mangrove forest, supporting the island's first solid waste management facility, and promoting education and health opportunities for local inhabitants.

It's a broad programme and not without its challenges. The effects of climate change are becoming more pronounced in the archipelago, with shortages of fresh water an increasing problem. The consequences of this are far ranging; for instance, education suffers, with class time losing out against the need for youngsters to find water and haul it back home. Health and educational services, meanwhile, remain limited, largely due to isolation from the mainland. Malnutrition rates, especially amongst infants, are particularly high – up to 75 per cent – which impacts learning capacity and the overall health of the island's population.

Yet while these issues seem daunting, the Foundation and its partners, including other non-profits, villagers and government agencies, are making headway in addressing many of them. A new proposed 'marine national park', Cambodia's first, will



ensure that the archipelago's coral reefs and other valuable ocean systems receive the legal protection that they require. Close to shore, the Foundation is working with inhabitants to conserve mangrove forests, supporting patrols to prevent illegal cutting and replanting deforested areas.

On land, in the village of Prek Svay, the Foundation has created a sustainability learning centre, where villagers can learn and share ideas for the conservation and improvement of their island home. On the outskirts of the village, at the archipelago's largest school, the Foundation has provided solar panels and educational aids, including

computers, which have improved learning opportunities.

This year, through a philanthropic partnership with an Australian company, the Foundation awarded the first 'Great Opportunities Scholarship' to a secondary student of Prek Svay. The happy candidate plans to use the opportunity to train as a doctor, and hopes to return to the archipelago one day to become its first resident medical professional. Elsewhere, in an effort to address the difficulties created by climate change, plans are underway to create a water storage system and to provide water filters to the most needy households.

Encouragingly, many people have expressed a desire to be part of the Foundation's work, so earlier this year we launched our Tropical Marine Conservation Programme. The initiative provides an opportunity for volunteers to participate in hands-on marine conservation activities, including conducting ocean surveys and replanting mangrove forests. It's a unique experience, especially for anyone considering a career in conservation.

The end of a working day typically finds the Foundation team enjoying a quiet sundowner, out on a deck overlooking our favourite beach. We are keenly aware that we are living in a sort of paradise – yet beneath the surface, protecting what makes the archipelago special requires vigilance, commitment and an attitude of collaboration. It is a spirit that lies at the heart of the Song Saa Foundation.

**“THE EFFECTS OF CLIMATE CHANGE ARE BECOMING MORE
PRONOUNCED IN THE ARCHIPELAGO,
WITH SHORTAGES OF FRESH WATER AN INCREASING PROBLEM,”**